HAWAII MARINE C SECTION NOVEMBER 25, 2005

Outlaws rob Bandits

Lance Cpl. Ryan Trevino

Sports Editor

The Combat Service Support Group 3 Outlaws robbed the Marine Aviation Group 24 Bandits of their playoff hopes with a victory in intramural football action, Monday, at Pop Warner Field aboard Marine Corps Base Hawaii, Kaneohe Bay. The

game decided which team would face undefeated Headquarters Battalion Warriors in the semi-finals, Nov. 30.

This was the first time these teams have met this season, and both coaches knew the importance of the game.

"We need to get our offense going," said Outlaws' coach Wayne Murray. "Pass completion is key." Bandits' Coach Jamie Willis said

his team was ready, even though they were depleted due to deploy-

"We worked on the small things during practice," said Willis. "The physical part of our game is OK, but we can't make mental mistakes."

The game started out slow for

both teams. Outlaws' quarterback Antonio Lunsford tried to get the ball rolling early with a deep pass to Aaron "Sunshine" Durbin that fell incomplete. Bandits' linebacker Matt King hit halfback Carlos Porter hard in the backfield on third down for a loss, which brought up fourth down, forcing the Outlaws to punt.

The Bandits' first possession also

fell short. Quarterback Chris Santiago fumbled off a bad snap but was able to recover the ball. On fourth and long, the Bandits had to punt the ball back to the Outlaws.

With Outlaws' fullback Duane "Bama Boy" Brown on leave, someone had to step up and fill his shoes.

See PLAYOFFS, C-5



Lance Cpl. Ryan Trevino

Aaron "Sunshine" Durbin makes a 30-yard touchdown catch in the second quarter of the playoff game and put the score at 12-0. Durbin had five catches during the game.



Lance Cpl. Ryan Trevino

Deuces' short stop Charlie Nunley takes a rip at the ball, scoring two runs in the top of the third. Dueces beat the Easy Riders 19–2 in Winter Intramural Softball action, Nov. 16.

Deuces wreck Riders, 19–2

Lance Cpl. Ryan Trevino Sports Editor

Deuces Wild, a team made up of players from Patrol Squadron 2 and Patrol Squadron Special Projects Unit 2, defeated the Helicopter Anti-Submarine Squadron Light 37 Easy Riders in Winter Intramural Softball action, Nov. 16 at Riseley Field aboard Marine Corps Base Hawaii, Kaneohe Bay. Riders loss was a huge deficit and improved the Deuces record to 14-5 as they head toward the playoffs. The Riders fall to 9-10 for the season.

"We had the full team come out to play," said Deuces' Coach D. J. Denato. "We played great; everybody was hitting."

The Deuces started off strong in the top of the first with a single from Brantley Altman past Riders' first baseman John Weisenborn, which scored a run and advanced shortstop Charlie Nunley to third base. This set up a sacrifice fly from pitcher and team Coach D. J. Denato, which allowed Nunley to score and brought the score to 2–0, Deuces. Paul Killalea continued the hitting streak with a single past Riders' second baseman Robert Tench, which advanced Altman to third. A sacrifice fly from the Deuces' lineup, followed by a single from Clint Tolbert, scored two more runs for the Deuces, 4-0.

"We came out on fire," said Denato.

The Deuces stayed on fire going into the top of the second with another hit from Altman, this time a double, which scored another run to put the Deuces in the lead 5-0. Denato slapped a double off of Phillips, which brought in Altman from second and the score to 6–0.

The Riders knew something had to be done to get them back in the game. Riders' player Nhoun Pheak reached first base on an error by Nunley. Josh Yonker got a hit and advanced Pheak to second, which put him in scoring position. However, the Riders' scoring efforts were cut short by two consecutive pop-outs.

The Deuces continued to pound the ball off pitcher Sam Phillips in the top of the fourth inning. Nunley reached first off of an error by Robert Trench at second.

Altman then singled past Weisenborn and advanced Nunley to third. Phillips loaded the bases after he walked Denato. Paul Killalea stepped up to the plate and blasted a single, which scored Nunley and brought the score to 9-0, Deuces. Two more runners crossed home after a dropped ball in center field by Mike Linenberger. Deuces designated hitter Danny Brown ripped a liner to left field, which scored two more runs and brought the score to 12-0, Deuces over the Riders. Phillips then walked two

See DEUCES, C-4

3rd Radio Battalion, MCCS host 8th Annual Turkey Trot

Pfc. Edward C. deBree Combat Correspondent

After the Thanksgiving holiday, many people go out and exercise to lose calories they may have gained from the feast. But on a bright, sunny Saturday morning many people gathered at Pop Warner Field aboard Marine Corps Base Hawaii, Kaneohe Bay, to take the initiative before hand by participating in the 8th Annual Turkey Trot held Saturday. The trot or four-mile fun run, was organized by the Marine Corps Community Services and hosted by 3rd Radio Battalion.

"This event provides holiday fun for everyone on base," said Stacey Barkdull, varsity sports and recreation coordinator, MCCS. "This run enhances moral and community interaction within the base. It is also part of the (commanding general's) fitness series.'

The race started off with a real bang, as a miniature cannon was fired to initiate the start of the race. More than 140 participants from different age groups showed up to run the course that took them from Pop Warner Field to Mokapu Road, through Nuupia Ponds and eventually back to Pop Warner Field.

Twenty-three minutes and 46 seconds after the start of the race, Antinio Eppolito bolted across the finish line, becoming the first to complete the race. Two minutes after Eppolito, Mike Ferreira crossed the line to come in second, and only 20 seconds behind Ferreira was Tim

A few units showed up to compete for the unit competition. The unit to finish the course first was the Inbound Section of the Installation Personnel Administration Center, better known that day as the "Admin

Assassins." After the last runner crossed the finish line, everybody gathered around at Pop Warner Field for an

award presentation. The first-place



See TROT, C-7 completing a four-mile course during the 8th Annual Turkey Trot.

Marina offers junior sailing class

Yibeli Galindo-Baird

Marine Corps Community Services Marketing

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

— Mark Twain

A wiser man could not have said truer words. And as parents, these are definitely words that you can share with your children.

If you enjoy looking for opportunities that will make your children experience the world from a new perspective, learn a new activity that will make them grow stronger and wiser, and take advantage of a service only available seasonally on base, enroll them in the upcoming Junior Basic Sailing Program.

Neil Morgan, Base Marina manager, said he knows the value of learning to sail in one of the most beautiful and safest bays. In a past interview, Morgan noted that Kaneohe Bay is the largest and most protected bay in the Hawaiian Islands, making it the best place to take up this sport.

Why learn to sail? "Sailing can be a relaxing sport for those who would like to enjoy the beautiful scenery and the sandbar of Kaneohe Bay without the roar of an outboard motor, " Morgan said.

This two-week course is perfect for children who are looking for something to do during the holidays that does not involve having to dress up or meet, hug, and kiss distant relatives. It's even better for parents who want to get their children entertained and educated at the same time, while they take care of the holiday shopping.

For only \$99, children will quickly learn how to sail the seven seas. Actually, they'll start students off at K-Bay near the Base Marina, where they will be taught the basics of this relaxing sport. The program is intended for those 8 through 18 who are old enough to understand the terminology, safety issues and proper equipment use.

The program runs from Dec. 22 to Jan. 4, 2005, rain or shine, with the exception of Dec. 26 and Jan. 2. Shoes, not slippers, and long pants, not shorts, must be worn at all times. Sailing clothes with appropriate shoes must be worn during all classes. For rainy days, jackets are recommended, while on sunny days, sunscreen is even more important. Personal flotation devices will be provided by the Marina and must be worn during class. Disruptive activity will not be tolerated and may result in suspension. Nonetheless, fun is a definite must.

Parents and those interested should be aware that a simple swim test will be required, regardless of age. The test consists of swimming 50 feet in waters where the class will be held. Participants are also required to tread water for one minute. Additionally, a life jacket test will be given the first day of class.

Parents will be pleased to know that all instructors are U.S. Sailing certified, which ensures the children will be taught the correct navigation techniques, terms and rules.

The Base Marina also offers classes

which vary in price and duration. For more information, call the

for adults at other times of the year, Base Marine at 254-7667.



Teens practice their sailing skills on Kaneohe Bay during a youth sailing class last year. The Base Marina will host a Junior Basic Sailing course during the winter break from Dec. 22 to Jan 4, 2006, at the cost of \$99.

BASE SPORTS

Monday and Wednesday

Intramural Football Playoffs – Intramural Tackle Football playoffs are underway.

Monday, watch Camp Smith take on their opponent in the semifinals. Wednesday, check out the gridiron action as Headquarters Battalion goes up against Combat Service Support

The championship game will take place Dec. 5.

Both games kick off at 6 p.m. at Pop Warner Field aboard K-Bay.

If you're not playing, make a pass by the field and support your team.

Dec. 11

Military Pricing for Honolulu Marathon — All active duty service members who are interested in participating in the Honolulu Marathon, Dec. 11, take note: If you enter by Dec. 10, entry fee is \$15. Entry forms are available from at the Kaneohe Bay Semper Fit Center or at the MCCS Athletics Office, Building 219.

Need transportation? Not a problem. MCCS will provide free bus transportation the day of the event, leaving the Semper Fit Center at 3:45 a.m. and returning to Kaneohe Bay at 3 p.m. There will be a joint-service hospitality tent with MCCS on site at the event to give away fruit, water, soda and Gatorade.

For more information, call Stacy

Barkdull at 254-7590.

Ongoing

Basketball Youth Now Registering for 2006 League — Register youths 6 through 17 for MCCS' Youth Basketball, coming in February 2006. Since practice begins in January 2006, YA is now accepting registrations.

The cost is \$50 for YA members and \$60 for nonmembers. The league is open to all authorized patrons, including active duty and DoD civilian family members (a photocopy of a military identification card is required at registration).

Volunteer coaches are needed for this league, so if your child is participating, join in on the fun. Or, if you've been looking for that perfect volunteer opportunity, here's your chance.

To register, or for more information, call 254-7611.

Semper Fit Seeks Applications for Armed Forces Bowling — The Forces Bowling Championships will be held Jan. 6 through 14 in Reno, Nev., so get your game face on and get ready to hit the

Intramural Softball Standings

VP-9	16-2
2-2	16–5
MAG-24	17–6
CSSG-3	14–5
HQBN	13-5
VP-4	12-10
HSL-37	11-10
CSSG-3 Maint.	10-9
1/12	4–15
3rd Marines	2–15
Barnyard Dog	1–19
Standings are current as of Monday	

Service members interested can submit applications to the Semper Fit office located in Building 219 by Dec. 15. Applications must contain written proof of your current

bowling average, which, for men, must be at least 215 and at least 160 for

Applications are avail-

able online at www.usmcmccs.org/sports or at the Semper Fit office. Think you can cut For more information, call Stacy

Barkdull, MCCS Athletic Sports coordinator, at 254-7590.

Semper Fit Seeks Applications for All-Marine Boxing Trials — All-Marine Boxing trials will be held

at Camp Lejeune, Jacksonville, N.C., Jan. 7 to Feb. 5, 2006. The Armed Forces Boxing Championship will be held Feb. 6 to 11 at Naval Base Ventura, Calif. Marines who are interested

> an application no later than Dec. 10 at their local Semper Fit office. Applications are available online www.usmcat mccs.org/sports and

in competing need to submit

include information on past boxing experience, numbers of bouts, and the results from the past two years. For more information, call Stacy

Semper Fit Center Offers it All The Semper Fit Center has an aer-

obics class for anyone and everyone

Barkdull at 254-7590.

who is trying to meet that New Year's resolution.

Check out as many of the following programs as you would like; yoga, cycling, tai chi, cardio kick, gut cut, step challenge, water aerobics, pilates, marathon training and much, much

For class information, call the Semper Fit Center at 254-7597.

Parents for Fitness — This cooperative babysitting effort is available at the Semper Fit Center for children 6 weeks and older.

All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month.

For more information, call 291-

WEEK 11 NFL PICKS WINNER

Master Sgt. Sheldon Comer

Deputy Base Inspector

"Just to name two teams — Green Bay and Philly — that just don't have it this season, no excuses. The reason for my picks last week was the best quarterback wins. Brett is a has been and McNabb's critics are silenced for some reason but he still chokes regardless. Can't blame it on Terrell, but I tell ya this — although I'm a die-hard Steelers fan the Colts are going to the big dance this year. Remember this; Payton Manning and the Colts are 10-0. The best quarterback wins. Any takers?" Monday night total score: 27

"My picks for week 12 are ... "

Atlanta @ Detroit

Denver @ Dallas

Baltimore @ Cincinnati

Carolina @ Buffalo

Chicago @ Tampa Bay

Cleveland @ Minnesota

New England @ Kansas City

San Diego @ Washington

San Francisco @ Tennessee

St. Louis @ Houston

Jacksonville @ Arizona

Miami @ Oakland

Green Bay @ Philadelphia

N.Y. Giants @ Seattle

New Orleans @ N.Y. Jets

Pittsburgh @ Indianapolis

COMMUNITY SPORTS

HTMC Plans Two Weekend Hikes

Join the Hawaiian Trail and Mountain Club on hikes Saturday and Sunday to burn off those Thanksgiving calories.

Saturday's trek takes hikers on a four-mile, intermediate, graded ridge hike in Kahaluu. The contoured trail offers views of the Windward side. There is a short, steep climb to the lunch spot near the power poles followed by a steady downhill trek on a meandering loop back to the parking area.

Contact coordinator Joyce Oka at 674-1459

Sunday, adventure-seekers will be treated to a six-mile, advanced, ridge hike in Nanakuli. This hike is a chest-heaving, toe-jamming, knee cracking kind of a climb, but the views are great. For more information, contact coordinator

Patrick Rorie at 676-2748. Hikers should meet at 8 a.m. on the moun-

tain side of Iolnai Palace.

A \$2 donation is requested for each nonmember age 18 or older. A responsible adult must accompany children younger than 18. Bring lunch and water on all hikes and wear sturdy shoes and appropriate clothing. Firearms, pets and radios, or other audio devices, are prohibited on hikes.

For more information, check out the HTMC Web site at www.geocities.com/Yosemite/Trails

State Offers Outdoor Education

The Hawaii Department of Land and Natural Resources is offering education classes to the public. Subjects covered include firearms and archery safety; survival and first aid; wildlife identification; and conservation, regulations, game care and outdoor responsibility.

Attendance at two sessions is required for cer-

tification. Classes, open to anyone 10 and older who enjoy the outdoors. The sessions are ideal for hunters, campers, hikers, and other outdoor enthusiasts.

The next two-day session is Friday from 5:45 to 10 p.m. and Dec. 3 from 7:45 a.m. to 4 p.m. in Classroom A-212A at the Nimitz Business Center, 1130 N. Nimitz Highway. Drive up the ramp to the classroom, which is the first room on the right. A picture ID is required for entry to the sessions.

For more information about outdoor education, or to sign up for this course, call 587-0200 or visit www.hawaii.gov/dlnr/welcome.html.

Sprint Triathlon to Hit Kalaeloa

Athletes will start off the 2005 Kalaeloa Sprint Triathlon at 7 a.m, Dec. 3, at Nimitz Beach at the old Barber's Point Naval Station.

The swim consists of a 400-meter triangle course. Athletes will then grab their bikes for a two-loop, 13.1-mile course. The out and back run is the last event and is five kilometers long.

Individual divisions include elite and all standard five year age increments for men and women. Relay divisions include men, women and mixed men/woman teams.

Registration fees are \$70 for individuals and \$105 for three-person teams. Participants should register by today to avoid an extra charge. An awards ceremony and barbecue at the

Nimitz Park will follow the race. Those wanting to register can download an form at www.deaxlesports.com/ Kalaeloa05.htm or sign up online at www. active.com.

Maui to Host Half Marathon The 2nd Maui Surf and Sand Half Marathon

will take place on the Valley Isle, Jan. 15, 2006. The 13-mile course runs from Kapalua to

Lahaina along the coast on Honoapiilani Highway.

Cost for the race is \$60 and includes a T-shirt and finisher's medal. First-, second- and thirdplace finishers will receive \$500, \$250 and \$100, respectively.

Athletes wishing to participate can register by printing a form from www.mauisurfsand half.com/indexMain.html or by visiting www.active.com.

Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check out any of the following weekly Bellows Outdoor Adventures programs on their Web www.bellowsafs.com.

For information, call the Turtle Cove office at 259-4112 from 8 a.m. to 8 p.m.

• Saturdays at 8 a.m., Morning Paddle: Take the guided kayak tour to the Mokulua Islands, which offers the opportunity to see birds up close in their natural habitat. Cost is \$14. Advanced skill level is required.

•Sundays at 8:30 a.m., History Tours by Bike: Ride mountain bikes for an extensive sevenmile, three-hour, guided tour of Bellows Air Force Station. Wear closed-toe shoes. Cost is \$15 for bike and helmet rental.

•Mondays at 8:30 a.m., Hike to Makapuu: Take a moderate 2 1/2-mile, round-trip hike to the Makapuu Lighthouse. Hikers will be rewarded with awesome views of Koko Crater, Diamond Head and Waimanalo Bay. Wear closed-toe shoes. Cost is \$8 for adults and \$5 for children

•Wednesdays and Fridays at 8:30 a.m., Snorkeling Tour: Discover the magnificent

underwater world of the ocean at a nearby undisturbed reef. Transportation, instruction and snorkeling equipment are included. Cost is \$15 for adults and \$8 for children 12 and

•Wednesdays and Thursdays at 1 p.m., Kayaking Lessons: Master ocean-kayaking skills, including water safety and efficient paddling techniques in this two-hour class. The class is free with a day kayak rental.

• Thursdays at 9 a.m., Beach 101: See fascinating natural phenomena as you wade across seaweed-covered reef flats and rock tide pools.

This is an educational experience for the whole family. Be sure to wear comfortable footwear, a hat, swimsuit, sunscreen, and bring water. Cost is \$8 for adults and \$5 for children 12 and younger.

•Thursdays at 8 a.m., Free Aloha Breakfast in the Recreation Center Lanai: Find out about all the exciting programs and specials happening at Bellows. Enjoy a free continental breakfast and sign up to win door prizes.

•Fridays at 1 p.m., Bodyboarding Lessons: Learn how to catch and ride the waves. Free day rental of boogie board is included in the \$5

Miniature Golf: One of the miniature golf courses on the island is the Bellows Mini-Golf Course. It is lighted and open for night play.

Driving Range: Next to our mini-golf course is a driving range. Clubs and buckets of golf balls are available for rent. For more information, log on to www.bel

lowsafs.com.

Hawaii Marine Accepts Briefs

To post sports and recreational briefs in the Hawaii Marine, e-mail requests to editor@hawaiimarine.com or call 257-8835.



THE BOTTOM LINE

(Editor's Note: "The Bottom Line" is the Hawaii Marine's weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession — sports. Chances are you'll either agree with one of their takes or disagree with both. The Hawaii Marine welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send "Readers Strike Back" comments to editor@hawaiimarine.com. Remember, "If you don't speak up, you won't be heard.")

What are America's great 'sports cities?'

Kristin Herrick
The Cheese

As the holidays sneak up on us, shoppers and sports fans alike revel in the glory of their perspective hobbies. Shoppers get up before dawn to fight for \$2.99 Barbie dolls and football fans get up early (at least in Hawaii) to catch their favorite team in action. I'm not sure which is more of a contact sport this time

As I said, this time of year is perfect for sports fans. With memories of the World Series fresh in our minds, we can watch college and NFL football, hockey, basketball, soccer, and, let's not forget, UH Rainbow Wahine volleyball.

of year, football or shopping.

With all these sports going on, The Cheese started thinking about what was the greatest "sports city" in America. Not all of them have a great variety of athletic teams, but historical importance did play a part in The Cheese's countdown picks.

5. Green Bay — Yes, I know the only team worth mentioning in this city is the Packers, but with street names like Reggie

White Way, Lombardi Avenue, Brett Favre Pass and Bart Starr Drive, the city is more than proud of its team. Green Bay makes the countdown because of a rich history, the virtual birthplace of America's new pastime. The Pack won the first two Super Bowl games and although it took them nearly 30 years, they won again in Super Bowl XXXI.

4. Los Angeles — This sprawling metropolis' biggest team as of late had been the Lakers, but with Shaq gone for good, the team has taken a turn. The big question in everyone's mind for awhile will be "What if?" But, the Lakers will always be known for Earvin Johnson, so when the loss of Shaq wears off, L.A. will always have Magic.

UCLA brings the city's stock up a tad because it has been a fighting force on the hardwood. Oh, yeah, and the Dodgers sporadically win the World Series, too.

3. Chicago — The Windy City is a baseball town for sure, boasting the World Series winning White Sox. Chicago is also proudly

See CHEESE, C-6

Sgt. Joseph A. Lee

The Sergeant

The Sergeant is going to break down what he thinks the top five sports cities are, where fans of all sports are likely to find an abundant variety of sporting events, great teams and of course, all the peanuts and Cracker-Jacks one could ever want.

5. St. Louis — The gateway city has had their fair share of top-level contenders in recent years, from the Cardinals to the Rams, the Blues and their indoor soccer team, the Steamers. Although I think they chose a slightly strange name — so named because of the river boats. It's a good thing they're not from Cleveland. St. Louis sports fans are just about as dedicated as they come. Busch Stadium is quite possibly one of the most beautiful baseball stadiums in the nation and, with the nation's largest beer factory so close, why wouldn't they have big sports fans?

4. Chicago — The Windy City makes The Sergeant's list, somewhat out of pity.

The Cubbies will someday get their day in the sun, but nonetheless, Chicago fans have had a lot to cheer about in 2005 with the White Sox doing so well in Major League Baseball. The Bears and the Bulls are still working their game in their respective realms, and Chicago can even cheer for their NHL team, the Blackhawks this year. Though it's been awhile since most of their teams have captured a title, Chicago fans are ruthless in their loyalty to their many teams.

3. New York — No city has more professional sports fans split down the middle than New York City. From the Giants and the Jets to the Yankees and the Mets, New Yorkers aren't sure half the time which team's bandwagon to ride on, but they sure have an abundance of teams to choose from. The New York Knicks hold their own on the basketball court, and even their WNBA team, the New York Liberty, have their own accolades. The Sergeant places them at number three because the only team to capture

See SERGEANT, C-6

Atlanta @ **Detroit** Denver @ Dallas Baltimore @ Cincinnati Carolina @ Buffalo Chicago @ Tampa Bay Cleveland @ Minnesota New England @ Kansas City **San Diego** @ Washington San Francisco @ Tennessee St. Louis @ Houston Jacksonville @ Arizona Miami @ Oakland **Green Bay** @ Philadelphia N.Y. Giants @ **Seattle** New Orleans @ N.Y. Jets Pittsburgh @ **Indianapolis**

Since both The Cheese and Sarge went over the total MNF score, week 11 ended in a tie. With so many starting quarterbacks out, things should be interesting in week 12. Chicago and Seattle will extend their six-game winning streaks. Monday night total score: 43

Week 12 Picks

To play, clearly circle the teams you think are going to win. Drop your picks off under the door of Room 19 in Building 216 or e-mail your picks to kristin@hawaiimarine.com by Saturday at midnight. The person who has the most correct picks will get to boast in the Hawaii Marine and fill us all in on their following week's predictions. The closest to the total score for Monday Night's game, without going over, will determine the winner in the event of a tie.

Atlanta @ Detroit
Denver @ Dallas
Baltimore @ Cincinnati
Carolina @ Buffalo
Chicago @ Tampa Bay
Cleveland @ Minnesota
New England @ Kansas City
San Diego @ Washington

St. Louis @ Houston
Jacksonville @ Arizona
Miami @ Oakland
Green Bay @ Philadelphia
N.Y. Giants @ Seattle
New Orleans @ N.Y. Jets
Pittsburgh @ Indianapolis

San Francisco @ Tennessee

Monday Night Tiebreaker (Pittsburgh @ Indianapolis): ______ points.

NAME:______ PHONE:____

Atlanta @ Detroit Denver @ Dallas Baltimore @ Cincinnati Carolina @ Buffalo Chicago @ **Tampa Bay Cleveland** @ Minnesota New England @ Kansas City San Diego @ Washington San Francisco @ Tennessee **St. Louis** @ Houston Jacksonville @ Arizona Miami @ Oakland **Green Bay** @ Philadelphia N.Y. Giants @ **Seattle** New Orleans @ N.Y. Jets Pittsburgh @ **Indianapolis**

This week is a good week for football, I'll say that right off the bat. Games to watch: San Diego and Washington, Denver and Dallas, Green Bay and Philly, and Monday night's big game. Pittsburgh won't win, but they might putpressure on Manning. Monday night total score: <u>55</u>

Read the Hawaii Marine online at www.mcbh.usmc.mil.

Sarge (7–3-1)

C-4 • November 25, 2005



Easy Riders' short stop A.J. Thomason lets a ball slip through the infield. The Easy Riders lost the game to the Deuces, 19–2.

Deuces, from C-1

more batters, which walked in another run. Altman slapped a shot past the third baseman, which allowed two more runs to score. After a blooper to center by Denato, the Deuces were blowing out the competition, 19-0.

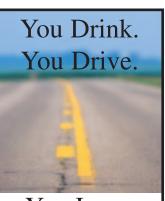
In the bottom of the fifth inning, the Easy Riders' last chance for a come-from-behind victory or to even get on the scoreboard, A.J. Thomason doubled off an error at first base. Mike Linenberger was looking to make up for his dropped ball

in the outfield and got a hit that advanced Thomason to third. Josh Yonker finally put the Riders on the board with a blooper to center that scored two runs.

The game was called by the umpire before the start of the sixth inning due to the score deficit, with the score 19-2, Deuces over the Riders.

Catch more Winter Intramural Softball action Mondays through Wednesdays at Annex and Riseley Field aboard K-Bay.

American Heart Association. Fighting Heart Disease and Stroke at Risk? Do You Know Your Numbers? Your total cholesterol should be below 200 mg/dL. Your blood pressure should be below 140/90 mm Hg. 140/90 200 **Heart**Stroke Briefs For more information, call 1-800-AHA-USA1 or visit www.americanheart.org



You Lose.

In 2003, 735 passengers aged 16-20 were killed while they were riding with a driver who had consumed alcohol.

> — National Highway Traffic Safety Administration

MCCS offers beach safety tips

Harry Sprague IV MCCS Water Safety Manager

Some of the greatest attractions aboard Marine Corps Base Hawaii, Kaneohe Bay, are its beaches. This holds especially true when base residents can enjoy them safely.

Pyramid Rock and North Beach are excellent for a wide variety of aquatic activities including swimming, diving, snorkeling, sunbathing and, of course, surfing.

While these activities may be fun, they can also be dangerous. For the safety of all beach-goers, Marine Corps Community Service Water Safety offers many safety measures to keep in mind before you enter the water.

This winter season is upon us, and high surf is here — big waves and big fun. But it's very dangerous if you don't pay attention to what's around you.

These swells will be here until April and Water Safety advises that all beachgoers exercise caution when entering the water at these beaches. Prior to heading to the beaches, be sure to call the lifeguards at 254-7655 to check on the current conditions. Our lifeguards are highly trained and experienced, and it would be in your best interest to follow their advice. Our goal is to support good, safe

Sometimes conditions are too danger-

ous to allow beaches to be open. These conditions are set for Marine Corps Base Hawaii, Kaneohe Bay, in the Base Standard Operating Procedures and are enforced by Water Safety personnel and the Military Police Department.

Reasons beach closures include:

Thunder is heard or lightning

•The base is in thunderstorm condition one or higher.

•Winds are over 35 knots. •High surf and strong currents that create hazardous conditions.

•Dangerous marine life is present, including sharks or excessive jellyfish.

•Dangerous objects such as logs are •Any situation deemed unsafe or haz-

ardous that may justify beach closure. In the event of a beach closure, exit the water as soon as possible. Keep in mind that the closure is for your own

The beaches also have a flag system to



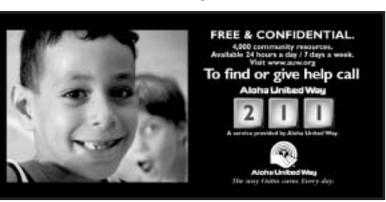
Beach-goers walk along the Beach during a day of surfing. Marine Corps Base, Hawaii, Kaneohe Bay beaches offer an array of activities.

advise patrons of beach conditions. Flag warning systems for the beaches are:

White Flag — No lifeguard on duty. Swim at your own risk. Red Flag — Beaches are closed. Extremely high surf, strong rip currents are present, excessive jellyfish are pres-

ent, sharks have been sighted or any other dangerous conditions exists. Water Safety's mission is to create a Our beaches on base offer a great way for

safe beach environment for everybody. anyone to spend a day in the sun. So have fun, but know your limits and play





PLAYOFFS, from C-1

That player was Lee "Doc" Bowman. Lunsford handed the ball off to Bowman up the middle for a short gain. Lunsford found Durbin open for 15 yards, but the play was called back for holding. The Outlaws were forced to punt.

The light rain during the game made the ball slippery, and fumbles were abundant. Santiago fumbled the ball, but quickly recovered on third down. The Bandits were forced to punt at the end of the first quarter.

After a quarterback option and a 15-yard pass to Durbin, the Outlaws found the end zone, off a sweep by Porter, with 14 minutes left in the half. That touchdown brought the score to 6–0, Outlaws.

After a sack on third down by Shawn "Big T" Thaller, the Bandits were forced to punt again. With the Outlaws back on offense, Lunsford aired the ball out to Durbin down the sideline for a 25-yard touchdown, with three minutes left in the half. Durbin had five catches on the night. The PAT was good by kicker Paul Miller, which brought the score to 13–0, Outlaws.

A motivational speaker, sergeant major David C. Strowmatt, C came to the end zone were the team huddled during halftime and delivered a few words of praise.

"What I saw was disciplined football," said Strowmatt. "Were doing the things that need to get done."

Lunsford started off the third quarter with a 15-yard pass to Durbin for a first down on third and 10, which was followed by a hand-off to Bowman in the red zone that resulted in another Outlaws' touchdown. The PAT was good to Gregory "Big Boi" Yond and brought the score to 21–0, Outlaws.

The Bandits finally got on the board from a pass to wide receiver Carlos Coker down the sideline with 2:44 left in the third. This score would change the momentum of the game.

With the Bandits back on offense, Santiago found wide receiver Jeff Sallette wide open and shot him the ball, which resulted in a 35-yard gain. Outlaws' defensive captain Gerald "Sket Range" Goldstein was there to make the stop, which prevented the score. A touchdown reception by Mikel Scott off a fake punt pass on fourth down brought the score to 21–14, with 9:02 left in the game.

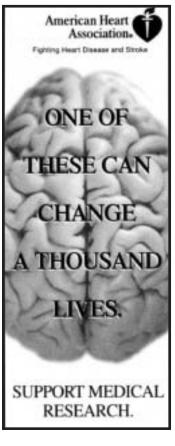
The Bandits were not going down easily. Cornerback Zach Augustein picked off a Lunsford pass, which gave Santiago and his offense back the ball. However, the Bandits couldn't get much going and turned the ball over on downs.

Augustein knew what had to be done and picked off another Lunsford pass, which got his team back the ball on the Outlaws' 15-yard line. The Bandits had just four plays left to reach the end zone and tie the game. The Outlaws' defense stood their ground and allowed no such thing to happen. A fourth and goal quarterback keeper attempt was shutdown by Thaller to end the game 21–14, Outlaws.

This was the first time CSSG-3 has ever beaten MAG-24 in any football game, said Coach Wayne Murray, almost speechless.

"I don't know what to say," said Murray. "It was impres-







Lance Cpl. Ryan Trevi

fourth down brought the score to 21–14, with Outlaws' wide receiver Aaron "Sunshine" Durbin snags a pass as two defenders try to tackle him. Durin had five catches for the night, one for a touchdown.

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CHEESE, From C-3

HAWAII MARINE

home to the Cubs, although they haven't made a World Series appearance since 1945 and haven't won since 1908.

You can't talk about Chicago sports without mentioning Michael Jordan and the Bulls. The team dominated throughout the '90s, winning the NBA title six times in 10 years. MJ was the MVP in all of those victories and is the reason Chicago made my list.

Although it pains me to say it, the Bears are also pulling their weight when it comes to Chicago sports. They currently lead the NFC North and even won a Super Bowl back in '86. Too bad they lose rank for doing "The Super Bowl Shuffle."

2. Detroit — There must be something about cold weather and sports. Perhaps the love of the game was developed out of boredom during long winter months or the need to stay warm by exercising — I'll never know.

Motor City is home to the Pistons, Red Wings, Tigers and the Lions. Detroit teams have had their ups and downs, but have their NBA and NHL teams have won their share of championships.

What makes Detroit special is the University of Michigan. Though technically in Ann Arbor, the college town is quickly merging with the big city so, I'm declaring them one and the same. The Wolverines have been a fighting force in both NCAA Division I basketball and football. Gone are the days of the "fab five," but they will live on forever in my heart. The Cheese was in her early teens during that era and had a good number of "Mrs. Webber" doodles on her algebra notebooks.

Bottom Line: The Big Apple takes the cake when talking about sports cities. Apparently, New Yorkers like their team in pairs: the Giants and Jets, the Mets and Yankees, and the Islanders and Rangers.

Like it or not, the Yankees have won more World Series than Michael Jackson has had plastic surgeries. Maybe. George Steinbrenner has put together a slew of great teams, all bought and paid for.

One New York athlete I will never forget is Patrick Ewing. Although he appeared to have skipped a couple rounds of evolution, the man could play some ball, but with MJ on the court during the same period, he was underappreciated.

The Islanders put together a nice string of Stanley Cup victories back in the early '80s to put New York at the top of The Cheese's list of all-time greatest sports cities.

SERGEANT, From C-3

any national titles in some time has been the Yankees, and even their star is beginning to fade.

2. Boston — Very few cities have had more loyalty than Boston. After watching their Red Sox win the World Series in 2004, and their Patriots win the Super Bowl, Boston fans were on cloud nine, and still have yet to come down. The Celtics fans are always in attendance to cheer on their team, and now that the NHL is coming back full swing, the Boston fans have their Bruins to cheer for. Boston even has a professional soccer team, the Revolution that will be mixing things up on the grass in 2006.

1. Los Angeles — At the top of The Sergeant's list is the great smoggy city of Los Angeles. Though you may get cancer while you inhale a thick cloud of carcinogens, the best tip The Sergeant can give you is not to sit in the nose-bleed section, or you're likely to develop an extra nose to bleed from. Los Angeles tops The Sergeant's list because the city has had more top sports teams come and go than most any city, and in the process, has developed a wide range of fans. Though they are currently lacking a pro football team, L.A. residents have an abundant variety of pro sports teams to cheer for, from the L.A. Lakers to the Clippers, the Dodgers, and their professional soccer team, the L.A. Galaxy, Los Angeles residents have more than enough people to cheer for. If their teams happen to stink, they can simply drop on down to nearby San Diego or Anaheim and they're sure to find a top contending bandwagon to jump



Lance Cpl. Ryan Trevino

'101' Top Dog

Col. Michael C. O'neal, deputy commander, Marine Corps Base, Hawaii, Kaneohe Bay, presents Cmdr. Paul V. Neuzil, executive officer of Marine Aviation Logistics Squadron 24 with a plaque and \$1,000 check for placing first in K-Bay's "101 Days of Summer" competition, Nov.18, at a flagpole ceremony. MALS-24 beat out 3rd Radio Battalion and Headquarters Battalion with 5,420 points.



#6 – Aaron Durbin

Position: Wide Receiver

Unit / Team: CSSG-3 Outlaws

Game Statistics: Five receptions for 100 yards, one touchdown

Branch of Service: U.S. Marine Corps

Hometown: Antwerp, La.

Quote: "We're playing possessed tonight."

SPORTS AROUND THE CORPS = Team Okinawa pins

Lance Cpl. Warren Peace Camp Hansen

down tournament

CAMP HANSEN, OKINAWA, Japan — Team Okinawa Wrestling dominated the Open Wrestling Tournament, Nov. 19, at Camp Hansen's House of Pain Gym.

Members of the team won five divisions in the Marine Corps Community Services 34-competitor double-elimination event, which was officiated by members of the Okinawa Athletic Officials

The freestyle-wrestling tournament featured seven weight divisions from 121 to 210 pounds plus, two more than the previous MCCS wrestling event.

This tournament had a more diverse range of competition, compared to the Oct. 22 tournament at Camp Schwab's Power Dome Gym, explained Moses Hernandez, a competitor in the 210-pound and 210pound plus divisions.

"The competition was spread out through the weight divisions," he said. "It was more fun to watch than the last tournament."

Team Okinawa Wrestling dominated the tournament. Members of the team won five

Nicholas Manacho, the winner of the 132-pound weight division, was awarded a trophy for Outstanding Wrestler of the tournament.

"He had a pretty tough weight class," said Ariel Morano, a referee with OAOA. "He had the hardest competition to deal with and went through it with a breeze."

Participants did not have to qualify to participate in the tournament. Open tournaments are available to any wrestler, regardless of experience. Awards were given for first, second and third place in each weight division.

"The tournaments are getting more advertisement and more wrestlers are coming out," said Jay Morrow, the tournament director and Commissioner of Referees with OAOA.



Moses Hernandez performs a throw on his opponent in the final bout of his division, Nov. 19, during the tournament. Hernandez won first place in his division.



Pfc. Edward C. deBree

Marines of the "Admin Assasins" approach the finish line with a little encouragement from the Turkey Trot Mascot, Nov. 19, on Marine Corps Base Hawaii, Kaneohe Bay.

TROT, from C-1

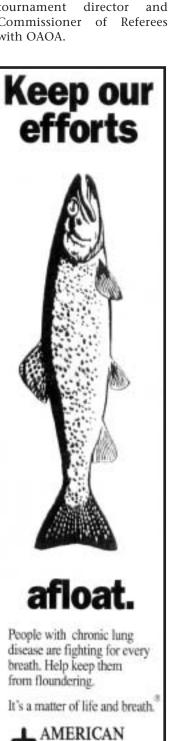
winners were given a plaque and gift certificates from Fleet Feet. Other awards were given to those who came in first place for their age group.

After all the winners were announced, there was a drawing for the 50 turkeys that were donated by Safeway.

"This year the turnout was overall better than last year," said Barkdull. "The spirits of people were much higher. The volunteers from 3rd Radio Battalion were awesome."

Although this Turkey Trot was the last race for MCCS this year, running enthusiasts can look forward to planning for next year's races, which begin in February with the Annual Surf & Turf Race.

"We hope to make next year's events bigger and better," said Barkdull. "And hopefully, all of next year's events run as smoothly as the ones this year did."



LUNG

ASSOCIATION³

Heads up!

Steel Reign pitcher Kevin Enlow catches a fly ball, Nov. 21, at Riseley Field against the 2-2 Deuces Wild on Marine Corps Base Hawaii, Kaneohe Bay. The Steel Reign suffered a 22-4 defeat against the Deuces Wild in an intramural softball game.

Photo by Edward C. deBree

